



Mandurah
Psychological Services
Your EAP Team



Bunbury
Psychological Services
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This month I would like to discuss the current situation regarding Corona Virus (COVID-19), as well as some simple tips to ease the transition back to school, work, and study.

As we know the restrictions put in place by the Western Australian Government are beginning to ease, with many returning to work and study in a more 'normal' capacity. When living under more restrictive lockdown measures, many families have become accustomed to some of the unexpected benefits these measures can bring such as more daily family contact, slower life pace, better work-life balance, as well as sharing of home and care responsibilities. Because of this it is important to monitor ourselves when transitioning back into normal routines.

If you believe you are struggling with your mental health or wellbeing, please consult with your GP or contact us here at Mandurah & Bunbury Psychological Services for an appointment with one of our qualified practitioners who will guide you towards better management of your mental health.

Adjusting to Returning to Work, School, & Study.

While restrictions may be relaxing, it is still important to practice good hygiene. Wash your hands regularly, cover your face when coughing/sneezing, stay home if you are sick, and avoid close physical contact.

It is important while transitioning back to 'normal' life roles, that you try to plan ahead with family and loved ones. Consider discussing with your family:

- What can you keep of the good things?
- What may have to go?
- How can we make the time and effort to keep the good things going?
- How to address important issues that arise?
- What values do we want our relationships to stand for?

Maintain Positive Habits

Lockdown restrictions were difficult in many ways, but chances are there were some silver-linings. With more free-time you may have picked up a new hobby or returned to an old passion. It is important to prioritise time for these fulfilling pursuits when transitioning back to 'normal' life. Enjoyable and rewarding activities like these are an essential part of self-care which helps us stay in a positive and healthy headspace.

Celebrate the Opportunity to Reconnect

Lockdown restrictions have reduced the amount of social connectedness we often take for granted. When returning to work or study, take time to enjoy the small moments of connection that we may have missed: morning coffee runs with colleagues, face-to-face conversations with team members, visiting your favourite local café. While seeming small, these will help bring a sense of normality to your new routines.

Adjusting to Returning to Work, School, & Study.

While working from home for an extended period of time, the boundaries between home and work may have become entangled and intertwined. This can be disruptive to our routines and wellbeing, even after returning to work as usual. Discuss with family and/or colleagues about how best to set appropriate boundaries when returning to work, or continuing to work from home.

It is important to recognise that this pandemic is a unique and challenging situation to navigate through. It is completely normal to experience an increased level of anxiety, stress, or social isolation during this time.

If you feel like you or a family member needs extra support transitioning back to usual work, school, or study, contact either our Bunbury or Mandurah sites for more information and to book an appointment with our highly trained practitioners.

As restrictions reduce and our old routines begin to return, it is important to continue to follow the health advice given to reduce the chance of virus spread.

- Wash your hands frequently

Clean your hands with an alcohol-based hand rub or wash them with soap and water to get rid of viruses that may be on your hands.

- Maintain physical distancing

Maintain at least 1.5 metres distance between yourself and anyone who is coughing or sneezing. When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain the virus.

- Avoid touching eyes, nose and mouth

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth, this can then make you sick.



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